

**February 2023**  
**The Vanguard School**  
**Secondary Lunch Menu**

Meal Prices	
Reduced	Free
Full Pay 6-8	\$3.10
Full Pay 9-12	\$3.35
Adult	\$4.30
White Milk	\$ .65
Chocolate Milk	\$ .75

Fruits, vegetables, milk and water offered daily.



Pre-Made Sub Offered Daily

Menu is subject to change with no notice.

- contains pork  
\*V\* — vegetarian option

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Orange Chicken & Rice Or Plain or Cheesy All Beef Burger	*V* Cheese or Pepperoni Pizza Or Hot Ham and Cheese Melt	All Beef Hot Dog Or *V* Bakery Fresh Muffin, String Cheese, & Yogurt
6	7	8	9	10
Maple Waffles & Lil' Beef Smokies Or Pepperoni Pizza	*V* Cheese Nachos Or Plain or Cheesy All Beef Burger	*V* Cheese Pizza Or Pepperoni Pizza	Roasted Chicken & Roll Or *V* Yogurt, String Cheese, & Zee Zee's Bar	*V* Bosco Sticks with Pizza Sauce Or *V* Cream Cheese Filled Bagel & Hard-Boiled Egg
13	14	15	16	17
Plain or Cheesy All Beef Burger Or Pepperoni Pizza	Breaded Chicken Sandwich Or Plain or Cheesy All Beef Burger	*V* Cheese Pizza Or Pepperoni Pizza	Teriyaki Chicken & Lo Mein Or *V* Bakery Fresh Muffin & Hard-Boiled Egg	*V* Chili with Fritos & Cheddar Cheese Or *V* Peanut Butter & Jelly Sandwich
20	21	22	23	24
	*V* Soft Pretzel with Queso Or Plain or Cheesy All Beef Burger	*V* Cheese Pizza Or Pepperoni Pizza	BBQ Chicken Drumstick and Roll Or *V* Super Slice Bread, Yogurt and String Cheese	*V* Yum Yum Mac & Cheese Or *V* Cream Cheese Bagel with Hard-Boiled Egg
27	28			
*V* Cheese Quesadilla Or Pepperoni Pizza	Orange Chicken & Rice Or Plain or Cheesy All Beef Burger			